

Keeping cool and happy in summer is easy for the man who knows what to eat. Keep cool and comfortable by eating **Shredded Wheat Biscuit** with fresh fruit and green vegetables. Make Shredded Wheat your meat during the sultry days. It contains more real, body-building nutriment than meat or eggs. Serve with berries or sliced bananas or other fruits.



Made at New York, N. Y.

TESTED RECIPES

Paprika Potatoes.

Select large potatoes and bake them. When done, break them open on one side, reach in with a knife and soften the potato. Drop in a large lump of butter and sprinkle freely with paprika. Cast the butter and paprika in through the potato with the knife. Serve immediately.

Sponge Cake.

Eight eggs one and a half cups of granulated sugar, one cupful of mixed matzo meal and potato flour and flavoring to taste. Beat the yolks of the eggs and sugar together until very light. Then add the flavoring, matzo meal and potato flour, and last of all the whites of the eggs beaten to a stiff froth. Stir lightly and bake in a moderately quick oven.

Tapioca and Pineapple.

Soak one cup of tapioca in two cups cold water for four hours. Add one cup cold water and put in double boiler. Cook slowly 45 minutes. Remove from fire and pour in pineapple. If using the sliced pineapple, chop in small pieces. Add the juice of three lemons and one cup sugar. Turn into bowl and let cool. Serve with whipped cream and nuts.

FOLEY KIDNEY PILLS

CHICHESTER'S PILLS

THE BOSTON MEAT MARKET

F. E. KNOWLES, Proprietor.

The Leading Market in the City and Still Growing.

We kill our own Cattle and Hogs and they are inspected by the State Inspector before being slaughtered. We handle only the best.

We make our own Sausage and Hamburger. Ground daily. We also make our Bologna and Wienerwurst. We keep a nice assortment of Cold Meats for lunch.

Fresh Boiled Meat at 11 A. M. daily.

Fresh Fish on Fridays.

Watermelons on Ice.

Our goods are right. Our prices are right and we'll treat you right.

122 E. Oklahoma Ave. Phone 684.

The Light of Happiness---

No matter how modest your home you can afford electric lighting. Let us wire your home for electric service.

No trouble for us to give you an estimated cost

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PUBLIC SERVICE CO. OF OKLAHOMA

Notes and Personals of Society

DAILY THOUGHT.

A man can never be idle with safety and advantage until he has been so trained by work that he makes his idleness more fruitful than his toil—Hamilton Wright Alabie.

CALENDAR.

Monday.

Evening party—Miss Ruth Nichols. Dance for the Misses Crow—Country Club.

Tuesday.

Westminster Ball—Misses Maud and Nellie Partridge.

Wednesday.

Laborer Hour Club—Miss Laura Owens.

Friday.

High Five Club—Miss Lea Hughes.

Saturday.

Phi Delta Delta Club—Miss Laura Hill.

Farewell Dance.

There will be an informal farewell dance at the Country Club tonight for Misses Louise and Rose Crow of Austin, Texas, who have been the guests of Mr. and Mrs. Glen Crow for about three weeks. They leave in the morning for Sulphur to join Miss Blatter.

Mr. and Mrs. J. H. H. are returning to go to Hickory, Okla., for a ranch house party.

Mrs. Robert A. Hallenbeck accompanied by her daughter Gertrude left last evening for a two-weeks visit with her sister in Butler, Mo.

Mrs. A. G. C. Heger and Miss Louise Heger returned last evening from a week's visit in Mead, Kansas.

Miss Arlene McElhinney returned home to Oklahoma City Saturday night after visiting friends here for ten days.

Miss Dorothy Saxader and her mother, Miss Elsie Bauer of Brooklyn are in Lawton to visit Miss Martha Rogers until next Wednesday evening.

Miss Mattie Clare Gano returned Saturday evening from a four-day visit to Ardmore with her sister, Mrs. Fred Tucker. Gordon Gano has been home for several days and will remain here until next Thursday.

Mrs. W. T. Field and Miss Edith Hill are in Drumright today.

Mrs. Margaret Adams of Crescent is visiting her son John Adams and family.

Mrs. Hattie Chambers and sons, Joseph, Jack, Hardee, Jr., and Allen left yesterday morning to join Mr. Chambers at their new home in St. Louis, Mo.

Section Bridge.

The Phi Delta Gamma Club was entertained Saturday by Mrs. Oscar J. Ford of 615 East Noble Avenue and the afternoon was spent with another bridge. Mrs. Ransom Hamill made high score and Mrs. Odith K. Spurrer was low. Others taking part in the game were Mrs. Phil Trammell, Misses Mabel Van Housen, Virgil Taylor, Helen Jenkins, Louise Hill, Anna Watkins and Louise Burke. Miss

Section Bridge.

The women of Auxiliary Division No. 2 held their regular meeting at the home of Mrs. Chas. Nutris, near Camp Russell.

In spite of the extremely warm afternoon, many ladies were present. The Rural Credit tax and the second paper on Farmer's Co-operation were the main features of the program. The history of our national song "America" was given and sung by all. A delicious ice course was served by the hostess assisted by Miss Trinnie Morris and Miss Helen Trayer. A musical hour consisting of old time songs, closed a very enjoyable afternoon.

Tackey Party.

Miss Annabelle Foster entertained her friends with a tackey party Friday evening. The event was in honor of her birthday and was certainly a very enjoyable affair. From the appearance of the crowd all the honours and holoes were present. Prizes were given for the most tackey and were carried off by Howard Claret and Percy Brown. In an old tent, occupying one corner of the yard was a happy fortune teller who gave a reading of the past present and future, and some of her revelations were certainly startling. The cutting of the birthday cake and serving of an ice course were appreciated. The guests left at a late hour wishing Miss Annabelle many happy returns.

FOR SUMMER TROUBLES.

Hay fever afflicts thousands and asthma sufferers endure torture. Foley's Honey and Tar gives relief. It allays inflammation, clears air passages, eases rasping cough, soothes and heals. This wholesome family remedy contains no opiates—a bottle lasts a long time. Sold everywhere.

Choice of Any Straw Hat In the House

50c

We are not going to carry over a STRAW HAT. Everything that is left is put into one lot.

Choice 50c

ABELL'S

WE SELL GOOD CLOTHING CHEAPER THAN ANY HOUSE IN OKLAHOMA.

Frances Crook assisted her sister in serving a delicious two course lunch to her guests. Next Saturday, the club will meet with Miss Louise Hill.

Miss Rebecca Gray came in Saturday from a visit in the country where she attended the party at the Frank Charvoz home.

Redman's Entertainment.

Mr. and Mrs. Ott Redman entertained twelve of their friends Sunday with a dinner in honor of Mr. Redman's brother-in-law, Mr. McCallahan of Texas, who is here on a visit. Those present were: Mrs. Redman's mother, Mrs. Reed, Mr. Frank Tilghman, Mr. and Mrs. Lora Redman and children, Mr. and Mrs. J. Ogden and children and Mr. McCallahan.

Club Work to Begin Next Month.

About the third week in September, the literary clubs will take up the new work planned for the coming year. The new year books give outlines of many interesting lessons for the winter. One that promises some fascinating studies is that of the Acorn Club entitled "Some Studies in Art and Nature." In the art lessons, the Dutch artists and their work will be the subject of study and in the lessons on nature, the trees and birds, and how to interest the children in them, and their care will doubtless prove a source of much pleasure. There will be a series of lectures, one each month, the subjects and speakers to be announced before each meeting. Mrs. W. A. Frasier, president of the club, acted as chairman of the year book committee and the other members were Mrs. J. H. Henry, Mrs. J. W. Duke and Mrs. Ed. Ward. The new officers for the coming year are president, Mrs. Webb Harker vice president, Mrs. W. W. Harker, secretary, Mrs. Banton Lovelady, treasurer, Mrs. F. E. Cragin representative to the city federation, Mrs. W. A. Frasier.

Woman's Auxiliary Div. No. 3.

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OF LOCAL MOMENT

Our idea of a hero is a young man who lists an ironed mortgage out his vineyard cottage.

Probably if fish were bathing suits there would be more of them parading on the beach.

Our observation is that when a man's got hay fever he is too busy to engage in a mad earnest flirtation.

One of the blessings of a free country is that it allows those who don't get any mail to loaf around the postoffice.

"The new Ford car is a beauty," said Enoch Mow, here today from Detroit. The new car will be on the market soon.

It may get so some time in this enlightened country that a stump, after can't be uplanned by using ad grammar.

As a general thing, when a girl has two persistent sweethearts there is a good chance for a third man to make a hit with her.

Sometimes when a family lays out money for a rainy day their relatives from the drought-stricken district come along and borrow it.

Our position is that the kind of man who doesn't notice the flowers on the table until after he has eaten the dinner ought to be fed on acorns.

"One of the best speeches made on Marquette work at the Temple Saturday night was made by Walter Warren," said a local Mason today. "Warren is certainly well versed in Masonic history," he added.

Notwithstanding the excessively hot summer flowers in the different parks of the city are blooming steadily and the back yard gardens thrive wonderfully well," said a Garden lady today. Women who have started flower culture in Central Park are working faithfully and the little park is becoming very beautiful these warm days.

Miss Rhoda Hudson has returned to her home in Chandler after spending a vacation with her sister, Mrs. Lewis Ogden.

Whenever You Need a General Tonic Take Grove's.

The Old Standard Grove's Tonic is equally valuable as a General Tonic because it contains the well known tonic properties of QUININE and IRON.

WHY BABIES CRY

Many trouble and serious sicknesses could be avoided if mothers learned to know what makes babies cry. There are some of the commonest causes:

Because they have been fed too often.

Because their diapers are wet or soiled and therefore uncomfortable.

Because they are thirsty. Babies must have water to drink. It should be boiled and cooled—but not iced.

Because they are too warm and peacefully irritated by "prickly heat."

Because they are sleepy and wish to be down and be let alone.

Because the air in the room is foul and smelly. Babies require lots of fresh air.

Because their clothes are too tight or a chafe a pin is tickling them.

Because crying is the only way they know how to tell you something is wrong with them.

TOPICS OF THE TOWN AND STATE

Fall Wheat Planting Delayed.

Preparation of land for the fall wheat planting is being delayed all over the state because of drought. Local grain men say. It is estimated that unless rain comes within the three weeks, the acreage will be cut down a third.

Senator Owen Here in October.

Senator Robert L. Owen will speak in Oklahoma about October 27. A letter received from Senator Owen by Hubert L. Bolen, collector of internal revenue, who is here today, says that four or five days will be spent by Senator Owen here, beginning October 12, and that he will be available for a speaking engagement. He has promised Mr. Bolen, who is his closest friend in Oklahoma, to make one of the addresses at Oklahoma City.

Million Copies of Speech Ordered.

One million copies of the speech recently delivered in the house of representatives by Congressman Scott Ferris, will be printed by Democratic campaign managers for distribution, according to information received by Postmaster Claude W. Wagoner at Oklahoma City. The speech, which is a survey of Democratic achievements during the past administration, is pronounced the best of its kind ever made.

Gem Shows Infantile Paralysis Pictures.

The great fight now being made by the New York health department aided by the government, was shown on the screen at the Gem Sunday afternoon and night. It is a wonderful series of pictures and very illuminating.

Boy Drowns in Canadian.

An unidentified boy drowned in the North Canadian river, one mile west of McCloud, Sunday. The body was recovered by a swimming party and is being held for identification. Before going into the river, the boy told other swimmers that he was on

GRAPE JUICE
Welch's, Armour's and Bass Island
The REFRESHING HOT WEATHER DRINK
BURKE'S
Where You Save 20%

his way to Arkansas and asked the distance to the next town. He wore blue overalls. The description of the body is as follows: Height 5 feet 10 inches; weight 140; brown hair and gray eyes.

Announce Birth.
Mr. and Mrs. Hal Adamson of Edmond, announce the birth of a son. Mrs. Adamson was formerly Miss Marie Anderson of this city.

Irwin is With State.
B. R. Irwin is here today from Oklahoma City where he now lives. Mr. Irwin is connected with the state school land department as an appraiser of land.

Mrs. Parsons' Father Dead.
Mrs. L. Parsons received word Saturday of the death of her father in Kentucky. Mrs. Parsons had just returned from the bedside of her father, who was slightly improved when she left.

Woman is Bank Official.
Mrs. Nora J. Roberson has been elected president of the State bank of Law, in the southern part of Stephens county.

Baby Hurlled 50 Feet.
When a Rock Island train Sunday, hit an automobile, Mrs. Wright was seriously injured, her husband slightly and their infant baby hurled 50 feet but escaped injury of any kind. The family live near Chickasha.

Oklahoma Wants Railroad.
Oklahoma City, Aug. 21.—Oklahoma City business men have renewed the agitation that has been intermittent for several years to build a railroad from that city into Northwest Oklahoma through the grain belt. A conference was held there last week between business men of the city and of the territory proposed to be traversed. The prosperity of the state and the prospect of more liberal policy toward the railroads as result of curtailment of state powers over the rates is the encouraging feature of

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Many British women doing men's work are wearing trousers, as they are more comfortable and convenient dress.

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